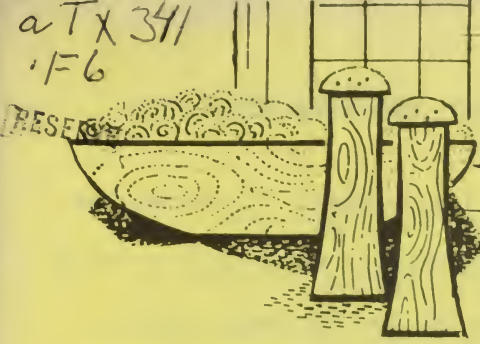


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Food and Home Notes
PROCUREMENT SECTION
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To braise whole poultry, preheat oven to 450°F (very hot) for young poultry; 325° for more mature birds. Season and brush ready-to-cook poultry with butter or other fat, according to USDA home economists.

* * *

If using a meat thermometer to check your turkey for doneness—insert the thermometer into the center of the inner thigh muscle of whole turkeys. This is the slowest heating part of the bird. (Don't let the thermometer touch the bone.)

* * *

If the meat on your turkey splits down the breastbone or on the legs, poultry is likely to be overdone and dry. Excessive shrinkage is another sign of overdone poultry; only a small amount of shrinkage is expected in well-cooked meat.

* * *

Use nuts in family meals—most common nuts contain about 10 to 25 percent protein and can be an added source of protein in meals. Peanuts are highest in protein with about 25 percent.

* * *

TOMATOES FROM —
South of the Border

Twenty percent more tomatoes were imported from Mexico (as of early April) than a year earlier, according to records of the U. S. Department of Agriculture. It does indicate a trend because Mexico supplies 99% of all tomato imports.

On the domestic scene, Florida provides about 55% of tomatoes from November through May.

Mexican authorities have imposed regulations on all exports now in order to slow down the record quantities of tomatoes flowing from Mexico into the U.S. Now all tomatoes exported from Mexico must measure two inches or more in diameter which is a stricter regulation than the U.S. regulation which requires tomatoes to be at least 1 7/8 inches in diameter.

This past winter, Mexican producers were faced with reduced returns on their tomatoes—but it did lead to attractive tomato prices for the U.S. consumer.

Do you plan to visit the National Park System this summer? If so, you can get a Golden Eagle Passport for 10 dollars (nontransferable) which will be valid through December 31, 1973. It covers entrance fees for the purchaser and all persons accompanying him in a single noncommercial vehicle in any National Park.

A Golden Age Passport is issued free to persons 62 years of age or older upon proof of age, and affords the same entry privileges as the Golden Eagle Passport. In addition, the Golden Age Passport holder receives a 50 percent discount on all Federal Special Recreation Use Fees in designated areas.

You may obtain either passport at major post offices around the country; at Forest Service Headquarters, Washington, D.C., Regional offices, and Headquarters of National Forests; at National Park Service Headquarters, Washington, D.C.

USDA MARKETING FACTS

New foods often feature "built-in chef service" as well as "built-in maid service." Some are better than those the busy housewife has time to prepare.

Consumers are increasingly going out to eat, making away-from-home eating one of the fastest growing segments of the U.S. food industry.

Commercial restaurant sales doubled between 1959 and 1969 and amounted to about \$24.5 billion in 1971.

Total value of food served in away-from-home eating places in 1971 was estimated at \$40 billion. This includes about \$10 billion, retail value, of food served in institutions such as hospitals, schools, and rest homes.

DID YOU EVER—

Grow Your Own Steak?

Many people are "beefing" about today's high price of steak. But Pat Trew, a grassland conservationist with the Soil Conservation Service in Virginia has a suggestion that can change the situation for some city dwellers, help Appalachian cattle farmers and improve the Virginia countryside—three benefits from one idea.

Rural vacation properties—or second home sites in the Virginia countryside—are very popular. City people use the land in the summer, but leave much of it idle in the spring, fall, and winter. Why not put the land to good year-around use? One way might be a partnership between the city man who owns the land, and a nearby farmer, to use the property as year-round pasture for grazing beef cattle. They could jointly own the cattle, or the farmer could pay the owner for grazing his own cows on the land. In either case

- weedy, untended land could be restored to good grasses and a green "pretty" condition

- the local farmer could get extra income

- the urban landowner could quite possibly grow some of his own meat, increase general beef production and in the process learn more about farming.

Like the idea? How do you get started? Grassland conservationist Trew suggests that a city landowner interested in the idea should talk over his plans with someone who knows the area and is knowledgeable about raising beef cattle. The county extension agent, a cattle-raising farmer, or a banker who loans money to local farmers would be helpful in deciding on the cattle to buy.

The Soil Conservation Service of USDA can help both local farmers and city landowners with recommendations for suitable grasses and for a good year-round grazing management system.

VOLUNTEERS WHO SERVE

---in Kentucky

What is a N.O.W. volunteer? In Lexington, Kentucky, N.O.W. stands for "Neighborhoodly Organization of Women, Inc.," a unique group of middle-income volunteers who work on projects that deal with the problems of poverty in the inner-city.

N.O.W. volunteers run six preschool programs for 100 urban children; visit senior citizens at a city nursing home; set up consumer information booths at local supermarkets; teach sewing classes; and sometimes work with low-income families on an individual basis.

There are no kindergartens in Lexington so the N.O.W. preschool programs meet a definite need. Even with "Head Start," it's estimated that hundreds of Lexington children start first grade each year without preschool experience.

The volunteers even bring snacks for the youngsters and plan special teaching activities such as dramatic presentations and music programs. Much of the equipment used in the program is also provided by the volunteers' husbands who either donate or construct them for the youngsters.

State Extension specialists at the University of Kentucky helped N.O.W. get started. State and area staff continue to assist with training in keeping with the volunteer programs operated by the Extension Service of the U.S. Department of Agriculture.

COMMENTS AND INQUIRIES TO:

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